



Recreation and Wellness Center

UNIVERSITY OF CENTRAL FLORIDA

All classes are 55 minutes in length unless otherwise noted. Participants who register online must arrive 15 minutes early to secure their spot. Walk-ins are welcome, but admittance is not guaranteed due to space restrictions. Please bring a water bottle to all classes.

Group Exercise Schedule

Fall 2017

Effective date: 8/21/2017

Class Location Key	RWC Group Exercise Studio	Knights Plaza Mind Body Studio (KP)	RWC Spin Studio (s)	RWC Multipurpose Room (MPR)
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TIME	MONDAY	TUESDAY	WEDNESDAY		THURSDAY		FRIDAY	SATURDAY	SUNDAY
7:00 AM	Cycle (s) Molly	Cycle (s) Seher	Yoga Monica	Cycle (s) Rachel	Yoga Sara	Cycle (s) Molly			
9:15 AM		Yoga Nidra with Hammocks (KP) (30 min) WHPS							
10:00 AM	TRX Total Body (KP) (45 Min) RJ	Yoga (KP) Britani			TRX Total Body (KP) (45 Min) Amy				
11:00 AM			Step & Tone Gina				Zumba Express (30 min) Elyse	Barre (KP) Holly	Zumba Yan
12:00 PM	Barre (KP) RJ	Barre (KP) Holly	Advanced Yoga (KP) Sara		Yoga (KP) Sara		Yoga (KP) Britani	Yoga (KP) Monica	Yoga (KP) Sarah
12:30 PM	Cycle (s) Yan	Cycle (s) Michaela	Cycle (s) Seher		Cycle (s) Britani		Cycle (s) Yan	Cycle (s) Michele	
2:00 PM	Yoga (KP) Britani	Lower Body Blast (30 Min) Katelyn			Lower Body Blast (30 Min) Cali	Restorative Yoga (KP) Monica			
2:30 PM	Step & Tone Lora	Upper Body Blast (30 Min) Katelyn			Upper Body Blast (30 Min) Cali				
3:00 PM	Total Core (MPR) (30 Min) Katelyn	Total Core (30 Min) Katelyn	Barre (KP) Lora		Zumba Elyse	Total Core (30 Min) Cali	Yoga Open Hour (KP) Monica	Hip Hop Cardio Na'Chelle	
3:30 PM	Flexibility (MPR) (30 Min) Katelyn								
4:15 PM	Trampoline (MPR) (45 Min) Katelyn	Cycle (s) Kristen	Cycle (s) Anderson	Cycle (s) Anderson	Step & Tone Gina	Cycle (s) Kristen	Power Yoga (KP) Mariah	Cycle (s) Rachel/Michaela	
4:30 PM	Kickboxing (45 Min) Holly	Step & Tone Valerie		Kickboxing Amy					
4:45 PM	Guided Meditation (KP) (30 Min) WHPS								
5:15 PM	SWEAT Cali	Yoga (KP) Sara		Yoga (KP) Anna	Kickboxing Katelyn	Barre (KP) Lora	Yoga Open Hour (KP) Mariah		
5:45 PM	Advanced Yoga (KP) Monica	Hip Hop Cardio PC		SWEAT Molly			Hip Hop Cardio PC		Hip Hop Cardio Na'Chelle
6:30 PM	Lower Body Blast (30 Min) Swaran	Power Yoga (KP) Anna		Pilates (KP) Mary	Lower Body Blast (30 Min) Michelly	Yoga (KP) Sarah	Yoga (KP) Monica		Power Yoga (KP) (75 Min) Mariah
6:45 PM	Cycle (s) Seher	Pilates (KP) Mary	Cycle (s) Swaran	Cycle (s) Michaela	Cycle (s) Michele				Cycle (s) Alexys
7:00 PM	Upper Body Blast (30 Min) Swaran	Kickboxing Yan		Hip Hop Cardio Alexys	Upper Body Blast (30 Min) Michelly				
7:30 PM	Total Core (30 Min) Swaran				Total Core (30 Min) Michelly				
8:00 PM	Yoga (KP) Anna	Advanced Yoga (KP) Mariah		Yoga (KP) Britani	Yoga (KP) Mariah				
8:15 PM	Zumba Michelly	Cycle (s) Rachel	Zumba RJ	Cycle (s) Jessica	Step & Tone Michelly	Cycle (s) Swaran	Zumba Yan	Cycle (s) Seher	